

# Analysis of morale and social-kinetic cohesion in young football players

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## ABSTRACT

The aim of the present study was to identify the morale and social-kinetic cohesion of young football players and also to identify the relationship between morale and social-kinetic cohesion in football. The players of the Kufa Sports Club constituted the research community for the study. A total of 25 players of the club were present in the research community for the sports season (2020-2021). In the present study, many tools, devices, and aids were used for the purpose of data collection. The equipment and tools used for assessment, observation and for data collection included the morale scale and the social-kinetic cohesion scale. Based on the present findings, the researchers concluded that the players of the Kufa Club of the youth football category possess high morale and good social cohesion. There is a positive relationship between the morale and the social-kinetic cohesion of the Kufa Youth Football Club players.

## KEYWORDS

Morale; Social cohesion; Movement; Football.

## 1. INTRODUCTION

Football is one of the sports that has some distinct competitive characteristics in comparison rest of the sports psychological fitness of the players is as important as the physical fitness is. Where sports events and games have witnessed rapid and effective development during the past years, this development has emerged as an actual result of many research and studies in various team and individual games, including football, which has enjoyed an evolution in law and tactical aspects and in the high levels of performance of players physically, skillfully, psychologically and mentally.

Psychological fitness helps the players in gaining high morale. This is particularly evident in a social-educational segment that must be characterized by a high morale due to the nature of its work of privacy that takes in the spirit of motor social cohesion and cooperates with it and belongs to it and plays a good mastery performance through repetition and success experience by following the scientific method that achieves the goals set by trainers, experts and educators to reach the best level of performance.

Morale is a state of an individual's satisfaction with his work and his social ways of living. Morale is not a unified psychological feature, but rather involves the idea of a person's compatibility in society, and if it is divided according to social situations. Kinetic social cohesion refers to individuals' feeling of belonging to the group, loyalty to it, adherence to its standards and membership, talking about it instead of talking about themselves, working together to achieve a common goal, and their willingness to assume responsibility and defend the group (Fawzy and Al-Din, 2001).

To the best of researchers' knowledge and through the follow-up of the football field as a coach of the (youth) football leagues, it came into their notice that the lack of interest in the psychological aspects of the game had led poor performances of the players in the game. The performance of a player depends on the physical as well as psychological preparation during the training in the form of high morale and social cohesion. With the researcher's expertise as a coach working with the young players, the present study was focused on the psychological preparation of players during their training. The Present study was conducted to find out the to identify the morale and social-kinetic cohesion of young football players and also to identify the relationship between morale and social-kinetic cohesion in football. 14 young football players were recruited as the participants of the study.

The aim of the present study was to identify the morale and social-kinetic cohesion of young football players and also to identify the relationship between morale and social-kinetic cohesion in football. The research hypothesis was that a significant correlation would be found between morale and social cohesion in young football players.

## **2. METHODS**

### **2.1. Participants**

The players of the Kufa Sports Club constituted the research community for the study. The present study was conducted within the time frame of November 2021 to May 2021. The study was conducted in the stadium of the Kufa Sports Club. The youth players of the Kufa Sports Club

participating in the governorate league for age groups (youth category) in football were recruited as the participants of the study. A total of 25 players of the club were present in the research community for the sports season 2020-2021.

## **2.2. Tools and devices used in the research**

In the present study, many tools, devices, and aids were used for the purpose of data collection. In order to achieve the objectives of the research, various literature sources were referred by the researcher. The equipment and tools used for assessment, observation and for data collection included: the morale scale, the social-kinetic cohesion scale, and an electronic calculator to perform statistical treatments.

## **2.3. The exploratory experience of the research**

The exploratory experiment was conducted in the month of January 2020. A total of 4 participants were selected for conducting the pilot experiment, outside the research sample. The exploratory experiment was conducted to identify and resolve the actual problems which researcher might encounter while conducting which might affect the primary experiment, to verify the time of the examinee's answer for the items of the two scales, to verify the level of understanding of players of the scales used in the current study.

## **2.4. Test stability**

The stability of a test is defined as "the ability of the test to give the same results if it is given more than once to the same sample under the same conditions". In the present study, stability of test was established by calculating Pearson correlation coefficient value. In the current study, Pearson correlation coefficient value was calculated as 0.86.

## **2.5. Test validity**

The validity of a test is defined as "the degree of health with which the psychological" characteristics to be measured are measured" (Al-Hanafi, 1995). The scale questionnaire was presented to the players, the items of the scale were answered, and the self-honesty coefficient was found through the root of the reliability coefficient of 0.90.

## 2.6. Objective response

Objectivity is an evaluation criterion. A good test must be objective, in addition to being honest and reliable. “The test is objective, if specific questions and specific answers are provided, so that the question has only one answer, leaving no room for ambiguity” (Abdul-Jabbar and Ahmed, 1987). In the present study, the paragraphs mentioned in the scale were clearly distinguished for the examinees, which can be interpreted accurately. The language was easily understood by the participants and the questions were clear without any ambiguity in them, hence the objectivity of the test was confirmed (Saleh, 2004).

## 2.7. Description of the tests

In the present study, two scales were used: the morale scale as well as the social-kinetic cohesion scale.

Morale scale was developed by Taheed Adel Al-Birqdar (2004). Initially it was applied on a sample of students of the College of Physical Education / University of Mosul. The scale consists of 57 paragraphs. Participants were asked to answer the questions based on the three attitudes i.e. always, sometimes or never. The scale was applied on the sample of 150 students from the first and fourth grades. All the students were provided with the pre-requisite instructions regarding the scale. The researcher used this scale to measure his youth research sample in football after extracting the apparent honesty by presenting it to the experts.

The morale scale was filled by the participants based on the three attitudes. Each attitude expressed a certain level morale. The researcher gave three degrees to attitude: Attitude (A), which represents high morale, attitude (B), which represents medium morale, and attitude (C), which represents one grade low morale. Accordingly, the highest score for the scale consisting of 57 items is 171 and the lowest score is 57.

Social-kinetic cohesion scale was developed by Saleh (2009). It consisted of 20 items each participant was asked to choose the correct statement out of all the alternatives. The two scales in one scale measure the social-kinetic cohesion as a whole, as the items of social cohesion were measured from the sequences 1 to 10, while the items of the kinetic cohesion were measured from the sequences 11 to 20.

## 2.8. The main experiment

The main experiment was conducted on the participants, recruited from the Kufa club in football for the sports season (2020-2021). The total number of players in the research community were 25, out of which 18 players were selected for the study.

## 2.9. Statistical analyses

After successful completion of data collection, the statistical analysis of the data was carried out using the Statistical Package for Social Sciences (SPSS) 20th Edition. The data was computed in the form of arithmetic mean, standard deviation, Pearson's correlation coefficient and percentage.

## 3. RESULTS AND DISCUSSION

Table 1 describes the arithmetic mean and standard deviation of the morale and social-kinetic cohesion among participants. The arithmetic mean of the morale was 61.944, which indicated the positive attitude of the players by having the abilities of cooperation, coordination, trust and care, the widening of the circle of acquaintances, the distinguished spirit of vitality, activity and courtesy, with the co-team members. Football is a team game, hence the cooperation and coordination among team players is vital for the successful achievement of goals in the game. An unhealthy attitude can never lead the players win the game (Khikani, 2008).

**Table 1.** The arithmetic mean and standard deviation of the studied research variables

Variables	Arithmetic mean	Standard deviation
Morale	61.944	3.539
Kinetic-social cohesion	42.32	4.11

In a study conducted by Fawzy and Muhammed (2001), the authors stated that when team members have dynamic and emotional characteristics, the harmony among players is reflected as their relaxed behavior in social interactions. As described in the table 1, the standard deviation for the morale was 3.59, indicating the slight variance that exists between the players. The arithmetic mean of social-kinetic cohesion was 42.32.

In a study conducted by Kashif (1991), the authors stated that "morale of player is developed by activating the desire for playing football, developing the self-confidence, developing a sense of

responsibility, analyzing the goals and objectives of sports training programs and daily follow up of players”. Every training requires knowledge of the player’s social cohesion. The result of training depends upon various factors including volume and intensity of training, length of the rest period, the repetition of training and the monotony of effort and simultaneously it is necessary to have a wide knowledge of the athlete’s psychological and physical condition, and that the degree of his endurance (Fawzy and Muhammed, 2001). Hence, the present study concluded that the players who continue training have sufficient knowledge and experience to resist the problems and pressures they are exposed to during training (Lewis, 1981).

**Table 2.** The correlation between the measure of morale and social-kinetic cohesion among the research sample

Variables	Arithmetic mean	Standard deviation	Correlation Coefficient	Statistical significance
Morale	61.944	3.539	0.594	<0.05
Social-kinetic cohesion	42.32	4.11		

As described in the Table 2 the arithmetic mean value and standard deviation for the measure of morale was 61.944 and 3.53, respectively, which indicates that most of the players have a high morale to win the competition which might help them in raising their level of performance. The high level of morale causes increase in the psychomotor cohesion especially during the game. The arithmetic mean of the behavioral psychological level of the players in the dynamic social cohesion variable reached 42.32, while the standard deviation was 4.11.

For achieving the highest level of performance of players, it is very important to have keen understanding of their problems and obstacles encountered by them during their training sessions, in order to bring the athlete to a good psychological, physical and skill position to withstand these pressures in order to achieve the goal set for him while participating in the race (Lewis, 1981).

In a study conducted by Issam (2002), the authors stated that the physical and mental fitness has direct impact on the morale of a player, which greatly affects their physical performance and playing skills directly and indirectly. A good morale prepares the player with a sense of ability and good capabilities to overcome the barriers and obstacles before and during the competition, which leads to less psychological burdens and consequently to a good psychological, physical and skill state (Bassieuni and Fade, 1994). “To clarify the level of development of the trait, the coach must organize

the training in a way that allows the use of special exercises that force the player to show a very high volitional strength” (Lewis, 1981).

#### 4. CONCLUSIONS AND RECOMMENDATIONS

Based on the present findings, the researchers concluded that the players of the Kufa Club for the youth football category possess high morale and good social cohesion. There is a positive moral relationship between the morale and the social-kinetic cohesion of the Kufa Youth Football Club players.

According to the set of conclusions adopted and formulated by the researcher from the results obtained in this experiment, some recommendations were made by the researcher. The researcher emphasized that the coach should give attention to the psychological preparation of the player by giving keen focus on the level of morale and his social cohesion in order to increase his overall performance in the game. They should also take advantage of the player's previous participation in improving the level of morale and not being affected by failures that affect the player's cohesion. Also it is necessary to adopt mental training to raise the morale of the players and put it to a good level, after the end of the warm-up and at the beginning of the competition.

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#### **AUTHOR CONTRIBUTIONS**

All authors listed have made a substantial, direct and intellectual contribution to the work, and approved it for publication.

#### **CONFLICTS OF INTEREST**

The authors declare no conflict of interest.

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